

RISE

YOUNG WOMEN'S CLUBS



Your 25th Edition



LIVING WITH HIV

14



ALL ABOUT MENSTRUATION

22



YEAR OF TRANSFORMATION

1



THIS CLINIC IS A

Youth Zone



Ingosi Yentsha

Thakaneng

Tshivenda

Sikhatsi Selusha

Nkarhi wa Lavantshwa

Ixesha Lolutsha

Sikhathi SabaTjha

Nako ya Basha

Sepedi

Jeugsessie

A time at the clinic just for young people

A DEDICATED TIME SLOT FOR YOU

Youth zones are part of the National Department of Health strategy under youth friendly services in implementing youth health policy. The aim is to ensure that young people access health services especially sexual and reproductive health services. This includes getting information without being judged and in a supportive friendly environment.

Clinic dedicate time for young people for e.g 2 - 4 pm twice a week or daily to accommodate school going learners

YOUTH ZONE TIMES:



she conquers
Empower. Protect. Advance

CONTENTS

2	Word On The Street
4	Going To The Clinic
6	Taking Medication
9	Adherence
10	Sisters With Soul
12	Fighting Stigma
15	What is Corona Virus?
16	Being A Leader In The Fight Against HIV
18	All You Need To Know About Tb
20	What Is Cancer
22	Healthy Eating
24	Menstruation
26	Check Up Down There
28	My Body, My Rules
30	Prep/Pep
32	What To Do After Unprotected Sex
34	Staying Alive
36	Q&A
38	Thuthuzela Care Centres



What can you and your club do to add value to your community?

Sisterhood

 @RiseTalkShow  RiseYoungWomensClubs

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WORD FROM THE EDITOR



2020 SOUL CITY'S YEAR OF TRANSFORMATION

As young feminists in an ever changing world, your health is your greatest weapon to fight patriarchy. You put your bodies and minds on the line every day for the causes that you are passionate about. You need to make sure that you are well taken care of to carry on doing the things you need to do.

In this issue, we are suggesting the coolest ways to Checka Impilo. We will learn about the importance of accessing youth friendly clinics in your areas; taking your medication and sticking to it; choosing the right contraception for you; eating healthy and so much more!

Taking care of yourself also includes taking care of your emotional wellbeing. You need a healthy mind to have a healthy body and a healthy body to have

a healthy mind. They are two sides of the same coin. Exercising, eating well and drinking more water also make a big difference to your wellbeing.

Learn to keep a journal to help you process your feelings. Practice meditating. It doesn't have to be hard. Taking five minutes to sit still and clear your thoughts does wonders for your health. Trust your own warning signs. When your body tells you there is something wrong, attend to it. And when you are tired, by all means, rest.. Health is Wealth so Cheka Impilo.

Rise would like to thank Caiphus Nyoka and NP Mathabela High Schools for giving us such great ideas to improve our magazine. Keep Rising!

Palesa

Definitions

ADHERENCE - sticking to a program. Taking medication properly and at the right time.

SRHR - Sexual Reproductive Health and Rights.

STIGMA - a set of negative or unfair beliefs that a group of people have about something.

PrEP - Pre exposure prophylaxis, which means you take it BEFORE you are exposed to HIV infection.

PEP - Post exposure prophylaxis, which means you take it AFTER you think you may have been exposed to HIV.

IUD - Intrauterine device, which means it is inserted inside the uterus (womb)

DUDUZA, GAUTENG- POWERPUFF GIRLS AND VICTORIOUS RISE CLUB



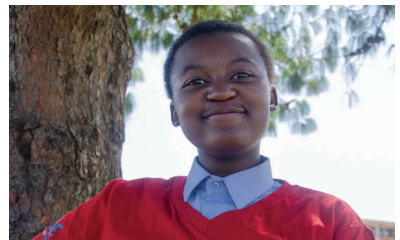
Nelisiwe Zwane, 15

Health to me isn't just physical, it's also mental. I like reciting poetry and that brings me so much joy. It chases away my bad thoughts



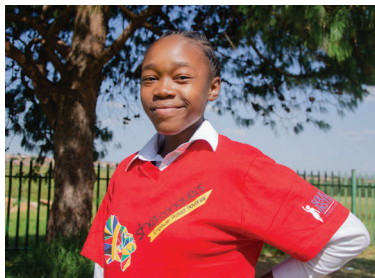
Ntandoyenkosi Dlodlu, 16

Psychologically I maintain my health by sitting and meditating in a quiet place. Physically, I listen to instrumental music and do yoga. Those two things really keep me healthy.



Khumo Motsepe, 14

Being healthy means being able to express myself, saying what I feel whether I am sad or happy. Sometimes it's easier to write things down than say them out loud. I just always make sure I respect my own feelings.



Sanele Mdluli, 15

Health is freedom from illnesses and injuries. Health to me also means going to church twice a week. I am in the worshipping team. It keeps me fit spiritually.



Lesegolame Ntshaganaka, 17

Health means having a good sense of humour about life. People are different, I can't always take things personally. I also play netball to stay physically fit



Lesego Nqayibana, 14

I think one of the powers we don't realise we have is the ability to say 'no'. That 'no' has every right to be firm! It's an important part of staying healthy.

WORD ON THE STREETS



Simphiwe Mokoena, 13

Health means having a safe space to be myself. Sometimes I feel misunderstood by my parents and school-mates. I appreciate being able to go home and be alone in my room reading, listening to music and dancing.



Kamohelo Majola, 15

I like going out with my friends. It makes me happy. I read books so that I can also understand the world better. I also think it's important to ask questions when you don't understand things, it helps your mind grow.



Nakiwe Mathlatsi Dintsi, 15

Smiling and laughing are my greatest medicine. I also like doing public speaking because I think young people could benefit from good advice. I read a lot and feel I could advise them.



Nokukhanya Ndlangisa, 15

Positive energy, self love, being self-assertive, being around other positive people. Taking care of my body, not letting anything harm my soul. It also means helping others when I can.



Mbali Mbonani, 15

I feel most like myself when I'm sitting at home watching cartoons. They help me come up with unusual ways of solving problems. They also remind me how to learn from other people's mistakes instead of making them myself.



Zoleka Mlangeni, 16

I feel like I'm different from other girls. I don't like the same kind of music or going out with friends. I think about things a lot. I'm blessed to have a twin because she is the one I can talk to about my thoughts and feelings.



Ntshepiseng Dlamini, 14

If I need to make a tough decision, I go and play sport. It helps me think and come up with solutions for my problems. I have also downloaded apps with inspirations quotes to motivate me.



Sinethemba Maseko, 14

Making good choices is very important. I try not to allow other people to influence the way I make choices. I have a future that I am working on. I would like to remain a virgin until I am 21 so that I can get 'umemulo'.



GOING TO THE CLINIC

WHAT YOU SHOULD KNOW

A clinic is usually run by nurses. A doctor will visit on certain days. Public clinics and community health centres are usually open 5 days a week for 8 hours a day. When visiting a clinic for the first time, you will be required to bring identification (ID book or birth certificate). You will be given a patient's card that will have your file number. When you return for another visit you will need to bring this card.

WHY SHOULD YOU VISIT THE CLINIC?

Clinics help with minor ailments. They offer services like family planning, sexual health care, immunisation and mother and child care. They also help with chronic illnesses such as diabetes, hypertension, HIV and AIDS. People with more serious illnesses are referred to the nearest hospitals.

Here are some reasons why you should go to the clinic:

- For contraception
- If you or your sexual partner have any abnormal discharges
- If you are concerned that you might have a sexually transmitted illness
- For HIV testing
- Irregular menstrual cycle
- If you are pregnant
- Any other health problems

PREPARE YOURSELF

It is a good idea to take a friend or relative with you the first time. Prepare yourself to answer some questions that might feel very personal. Questions that can help your doctor or nurse to help you, such as:

THINGS TO REMEMBER

When was your last period? How often do you have them? How long do they last?

- Do you have vaginal discharge? How does it look?
- Does it smell?
- Do you experience any spotting or bleeding outside of your period?
- Are you sexually active?
- Do you experience pain during sex?
- Have you had sex without



sisterhood

Discuss in your club:

1. DISCUSS SOME OF YOUR EXPERIENCES OF GOING TO THE CLINIC.

Are there any members who have never been to a clinic before? How you can support each other? Here are some of the fears they might have:

"The nurses will shout at me."

"The clinic staff will shame and judge me."

"The nurses will ask me uncomfortable questions."

2. HOW COULD YOU HELP A MEMBER OF YOUR CLUB WHO FEELS THAT THEY HAVE RECEIVED BAD TREATMENT AT THE CLINIC?

Read and discuss these guidelines from the Patient's Charter of Rights:

- You have the right to receive support and help with any health issue, without being judged, intimidated or harassed.
- If you feel badly treated you have the right to complain and have that complaint followed up and investigated.
- When speaking to nurses, doctors or any health care providers about issues like sex and sexuality, your feelings, problems or contraceptives – they will not tell your parents or guardians, unless you give your permission.

3. Plan a visit to the clinic together, especially with those who have never been before. Tell Rise Magazine how it went.



IF THINGS GO WRONG

A booklet of the Rights of Patient Charter can be found on the internet. Unfortunately some nurses may be rude and make young people feel judged. Clinic staff is hired to help and support you. If you encounter problems with the treatment you received, report the incident to the clinic manager.

It will help your clinic to provide a better service. If you do not get any satisfaction contact the Department of Health in your province.

If you feel badly treated, you have the right to complain and have the complaint followed up and investigated. Speak to the clinic committee or facility manager regularly to follow up on your issue.

You can also complain to the South African Nursing Council: Private Bag X132, Pretoria, 0001 **Telephone:** 012 420-1000 **E-mail:** customerservice@sanc.co.za or professional.conduct@sanc.co.za

“THE CLINIC OFFERS SERVICES LIKE FAMILY PLANNING, SEXUAL HEALTH CARE, IMMUNISATION AND MOTHER AND CHILD CARE”



Why I must take MEDICINE



Our bodies are very complicated and clever machines. They operate by themselves and clean themselves all the time. Getting sick means that something has gone wrong with the machine. It needs to be fixed. It needs the right medicine at the right amount.

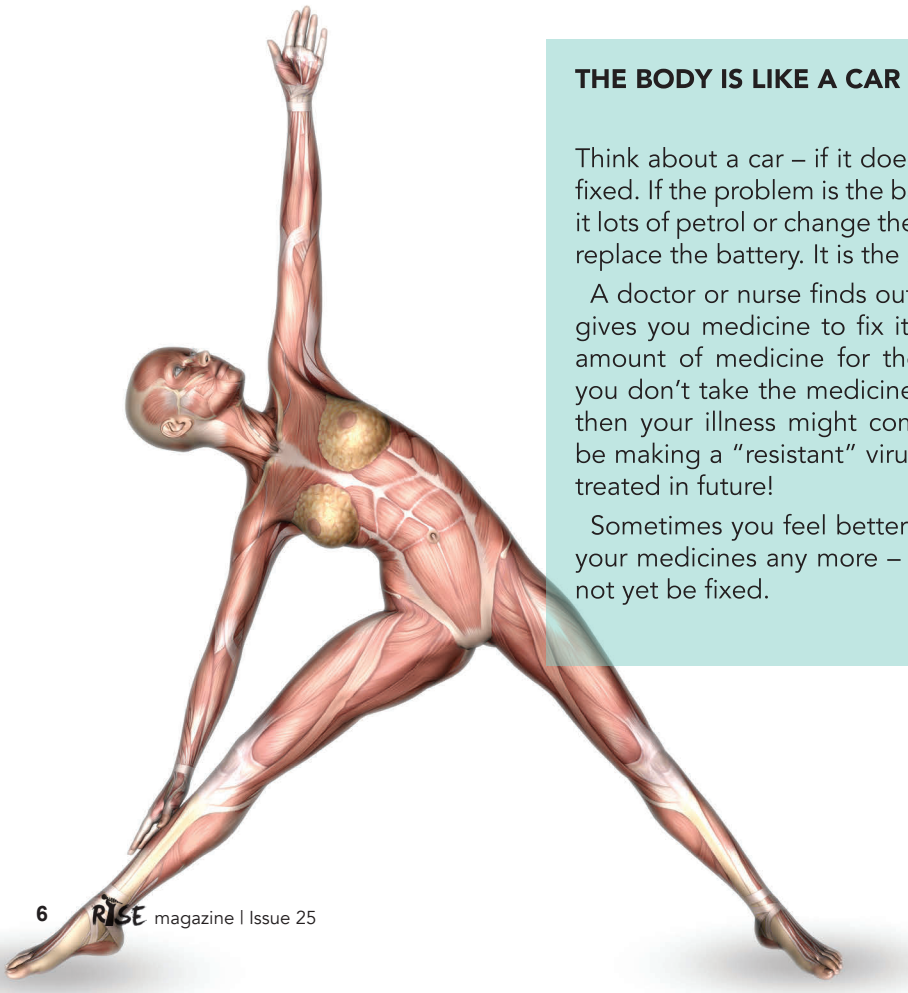


THE BODY IS LIKE A CAR

Think about a car – if it doesn't go you need to get it fixed. If the problem is the battery it won't help to give it lots of petrol or change the oil. It will only work if you replace the battery. It is the same with your body.

A doctor or nurse finds out what the problem is and gives you medicine to fix it. They give you the right amount of medicine for the right length of time. If you don't take the medicine as you are supposed to, then your illness might come back. You might even be making a "resistant" virus or bacteria that can't be treated in future!

Sometimes you feel better and don't feel like taking your medicines any more – but all your insides might not yet be fixed.



CHRONIC MEDICATION

If you have a chronic illness – one that goes on for a very long time – you might need to keep taking your medicines forever. In this case it is good that you feel better and the medicines are helping you feel better, so keep taking them.



HIGH BLOOD PRESSURE MEDICATION

Treatment of high blood pressure is generally for life. Only stop if your doctor says it is okay.

HIV MEDICATION

For HIV you need to take ART for life. If you stop you can become ill and die.

If you get tired of taking your medicine, talk to someone. Everyone gets tired, but stopping should not be an option. If you get side effects and they remain after two weeks, discuss this with your health worker – there may be other options.



DIABETES MEDICATION

There are two types of diabetes. Type 1 normally starts in childhood. The sugar levels need to be checked and controlled with injections or a pump.

Type 2 diabetes usually starts later in life. It can be linked to being overweight and having high blood pressure. It may also be linked to having an unhealthy lifestyle. This can be controlled with diet, exercise and taking pills regularly.

TB medication

You need to take TB medicine for 6 months. Stopping before this can make drug resistant TB. This is harder to treat and takes a year or more.



****REMEMBER**

Medicines can interact in your body – don't take anything (not even herbs or natural medicines) while you are on medication without speaking to a health worker or pharmacist.

STICK TO YOUR TREATMENT & MEDICATION

Nurses and doctors often tell us that we must stick to our treatment – and that is true, if we want to remain healthy.

Treatment adherence

Treatment adherence simply means taking medication, as prescribed, without missing dosages – whether taken in pill form, inhaled, injected, or applied on the skin.

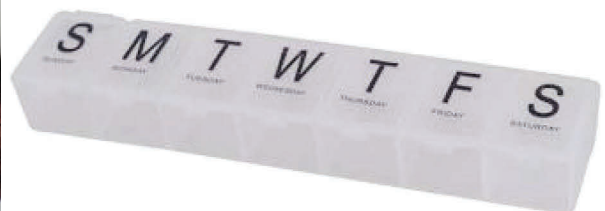
For the treatment of chronic illnesses such as HIV, depression, high blood, asthma and diabetes you must take medication for a long time and sometimes for life.

Adherence to chronic medication is important to live a healthy and happy life.

What is non-adherence?

Some ways people don't adhere to their treatment:

- Not refilling an existing prescription when you are supposed to.
- Stopping a medicine before the instructions say you should.
- Sharing your meds with another person.
- Taking more or less of the prescribed medicine.
- Taking the medicine at the wrong time.
- Mixing treatment with alcohol, imbiza and other unsafe substances.
- Not understanding how to manage side effects.





Treatment side effects

All effective medication has side effects, because the medicines are strong. Most common side effects will disappear after a few weeks of taking the new medicine.

What to do if you are experiencing side effects?

- Remember that the medicines are strong and that side effects are normal at first, while your body gets used to taking them.
- Side effects usually go away after two to three weeks.
- Do not stop taking your medication or skip doses if you are experiencing side effects. This can cause drug resistance.
- If you are experiencing side effects, discuss these with your health care worker, as soon as you can. Your health care worker will be able to tell you if these are common side effects or to switch your treatment to another drug.

Taking your meds helps you to:

- *Stay healthy.*
- *Avoid multi-drug resistance to TB.*
- *Be there for the people you care about and those who care about you.*
- *Fulfill the dreams you have for yourself, like having a good career, a family or building a house.*
- *See your children grow up.*
- *Feel and stay strong and fit.*
- *Work and be functional at home.*
- *Achieve your life goals.*

Take your medication at the same time every day.

- Link taking your medication with a daily routine like brushing your teeth, a favourite TV or radio programme or getting ready for bed. [Check if your medication should be taken on a full or empty stomach.]
- Keep a medicine calendar with your pill bottles and note each time you take a dose.
- Use a pill container. Some types have sections for multiple doses at different times, such as morning, lunch, evening, and night.
- When travelling, take enough medication with you, plus a few days' extra, in case your return trip is delayed.
- If you're flying, keep your medication in your carry-on bag to avoid lost luggage. Temperatures inside the cargo hold could damage your medication.



Eric Vuwani Mulaudzi, peer educator and health promoter

EVERYONE NEEDS A *Social sister*

Social Sisters club is from Wonderkop, Bojanala East District in North West Province. The club members are between 21 and 22 years old.

The Club members reported on how hard it is for young women to receive help from nurses at the clinic. Malebo said, “Clinic visits can be intimidating. The nurses can be hostile so young people find it hard to ask for the help they need.”

A BRIDGE BETWEEN THE CLINIC AND THE YOUTH.

The club approached Wonderkop Clinic and asked if they could be a bridge between the clinic and the youth. A youth-friendly service partnership was formed.

The Social Sisters became the first point of contact for young people who come to the clinic.

The club members teach the youth about different

contraception choices. They explain the differences between condoms, oral contraception, injectables and devices.

They also give the youth information on how to use the various methods of contraception properly. Contraception side effects, for example, how contraception can change your menstrual cycle, are explained. Kabelo Morare, the enrolled nurse and coordinator of youthfriendly services, said that there has been a big improvement in young women coming to the clinic.

“Young people find it easier to talk to the Social Sisters than the clinic staff.” Eric Vuwani Mulaudzi, peer educator and health promoter Daniel Kabelo Morare, enrolled nurse – coordinator of youth-friendly services

TRAINING FOR THE SOCIAL SISTERS

The clinic decided to provide in-service training for the Social Sisters. They attended workshops so that they had the right information about safe sexual health practices. The Social Sisters also go off-site to visit schools and communities. They speak about a wide range of subjects including, how to prevent STIs, termination of pregnancy, teenage pregnancy and family planning. They also give information on HIV and the right way to take ARVs.



Gloria Molefe, 21



Yoneza Mahluwana, 22



Keaotshepa Molelekwa, 22



Aluwani Charlene Mufeba, 22



Lesego Lekoane, 22

SOCIAL SISTERS' COMMITMENT TO THE COMMUNITY

The Social Sisters make sure that young people visiting the clinic get the right kind of help. They make sure that the youth do not wait too long to be seen by the clinic staff. Lesego said, "We are at the clinic every Monday and sometimes other days in the week too. We introduce ourselves because there are always new patients. We also get a lot of girls who would like to volunteer with us at the clinic." Malebo said, "It's very important to teach girls that it's ok to have your own condoms. It's not only the men's job to carry condoms. Condoms protect against pregnancy and STIs."

INVOLVING PARENTS

The Social Sisters say it is important to talk to parents about contraception. Some parents think that if their child is on contraception, they are sleeping around. So they keep the children away from the clinic. Yoneza said, "The children might be having unsafe sex because their parents do not allow them to use contraception."

Some parents find it hard to speak about sex and contraception to their children. So they send their children to the clinic to talk to the Social Sisters.

The proudest moment for the Social Sisters was when a 14-year-old came to the clinic to ask about contraception. The nurses gave the Social Sisters complete control of the consultation. They felt proud that the clinic trusted them to get the job done properly. Malebo said that she felt proud of her club members and herself for being able to help the young woman.

Young people find it easier to talk to the Social Sisters than the clinic staff



BEING A LEADER IN THE Fight against HIV

A Happy Childhood

Saidy Brown grew up in Itsoseng outside Lichtenburg in the North West. She had a very happy childhood. As the baby in the family, she was spoiled and loved by everybody. But when Saidy was 9 her father died. A year later her mother also passed away. Her aunty and cousins moved into the house and provided the young girl with all the love and care she needed.

A Shock

Saidy was very good at school. She was so good that she skipped two grades. When she was in Grade 10, she attended an expo with some friends. Just for fun the girls decided to go for HIV testing. They were confident and giggly, because they had nothing to fear. And then everything changed. Saidy's test came back positive. Saidy was shocked. She was only 14 and had never had sex before.

"Are you positive or negative?" her friends joked. "Positive," Saidy replied. The girls didn't want to believe her. So she quickly said, "I was just kidding." It took Saidy six months before she could tell anyone. She spoke to her teacher, who helped her tell her aunt. It was then that Saidy learned that her parents had both died of AIDS

Shame

The teenager was furious and scared. "Shame kept me quiet. This virus knocks your confidence to the ground. I was always told that I was pretty, but when I looked in the mirror all I saw was this HIV infected orphan." She did not tell anyone else about her status. She just wanted to forget. But at 18 she got some sores on her neck. When she went to the clinic, they put her on ARVs. "I was so unhappy. I couldn't even pray because I would just cry. I tried to hide my unhappiness from my family. To cope, I used to write. One day I wrote a piece called An Open Letter to HIV. I wrote it crying. It helped me release."

Coming Out

When she saw how easy it was to get ARVs, Saidy realised that there must be lots of other people in her community who were also infected. So one day she decided to post her letter to HIV on Facebook. She found that revealing her status freed her. Saidy challenged herself to face more and more difficult audiences. She spoke on the Rise Talk Show

I used to be scared of being rejected because of my status. I used to be defensive. Now I can let people have their opinion, I don't get so angry. How people respond when I say that I am HIV positive is their problem.

Real Talk and was very happy with the positive responses that she got.

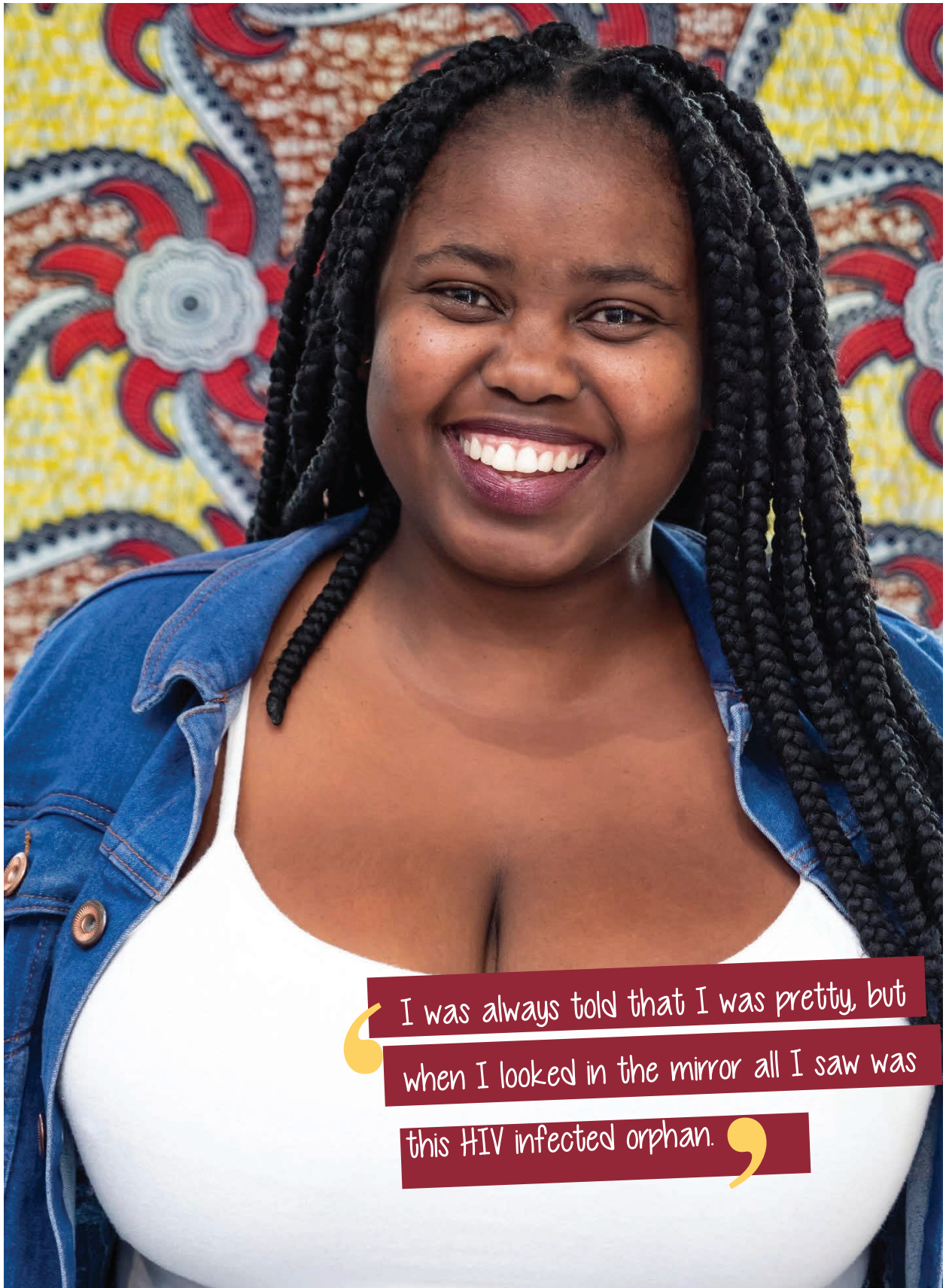
Although she was nervous, Saidy also created a Twitter account to talk about her HIV status. She posted, "When I found out at 14 that I was HIV positive I didn't think I would live till 18. But now I am 22." The message changed her life. Overnight she became famous. Her post was retweeted 18 000 times. She was contacted by newspapers from all over the world.

Disclosing

Saidy feels that disclosing has healed her. It has also made her tougher. "I used to be scared of being rejected because of my status. I used to be defensive. Now I can let people have their opinion, I don't get so angry. How people respond when I say that I am HIV positive is their problem." Disclosing is also helping Saidy to heal others. She speaks at schools and encourages young people who are infected to contact her so she can give them advice. "I talk about what I have gone through because I know there are many other people who are also going through this. It helps us not feel alone."

Be Ready

Although it is good to disclose, it is important only to do so when you are ready. "Yes, it's nice to become famous but if you are in the space where you speak out people often judge you. Don't do it for fame. Do it because you want to and because it helps you." She feels it is important that young people talk openly about HIV as much as possible. She thinks they should especially talk about their fears. "I would like to see a lot of young people speaking out about HIV. By us talking we are eliminating stigma and in that way, we can win over this virus!"



I was always told that I was pretty, but when I looked in the mirror all I saw was this HIV infected orphan.

STIGMA

FIGHTING STIGMA

When people can't understand something, stigma often develops. Stigma is the bad and often unfair feelings that people have towards an illness or way of behaving. Stigma can be very harmful. In some cases, stigma can be the cause of the deaths of some people.

The best way to fight stigma and save lives is by educating people. When people have knowledge, they don't have to turn to superstition.

You can help fight stigma by educating those around you. Stand up for people being stigmatised when you see a bully making their lives difficult.

HOW STIGMA CAN AFFECT TREATMENT ?

EXTERNAL STIGMA

When people gossip about or discredit someone on the basis of how they look, their health status or any other characteristics.

EXAMPLES OF EXTERNAL STIGMA

Untrue Statements

"You must be dying or can't get an erection when you are on diabetes treatment."

"You are taking medication for crazy or weak people when you take depression medication."

Common and Unkind Things to Say

"It is Generations (8pm) time and those with HIV will be disappearing."

ADVICE

Avoid places where people talk negatively about your condition or illness.

Ignore negative talk.

There are myths about some treatments. Speak to your nurse or doctor if you are not sure about what you have



INTERNAL STIGMA

It is when a person blames or judges him/herself harshly with feelings of guilt, shame and anger.

EXAMPLES OF INTERNAL STIGMA

"Taking my meds is a sign of weakness."

"I must hide my medication because people will judge me."

"I am sick because I am a bad person."

ADVICE

Taking medication is for your health. If you don't want other people to see it, find a private place to take it.

Accept your condition and talk to other people who can support you. This will make it easier to adhere to your treatment.

“ Many people don't know that they have HIV, TB, diabetes or hypertension. We encourage all South Africans to get screened and tested, and if you test positive on any of these diseases you will get treatment immediately – it is free in the public health sector.”

– Former Minister of Health, Dr Aaron Motsoaledi

”

WHAT IS CORONAVIRUS

CORONAVIRUS

Corona-19 is from a family of Corona Viruses. It has turned out to be a very dangerous virus as we all know. Covid-19 spread quickly around the world. Covid-19 can live on the surface of things that people that infected people touch. If someone without the virus touches that same person and then touches their face, they are likely to get the virus.

WAYS YOU CAN GET COVID 19



Airbourne



Contact



Contact with someone who has cov-19

HOW TO PREVENT COVID 19



Wash Your Hands



Wear a homemade Facemask



Contact with someone who has cov-19



IMPORTANT NUMBERS TO KNOW: NATIONAL INSTITUTE FOR COMMUNICABLE DISEASES (NCID) 0800 029 999
• NATIONAL CRISIS LINE 0861 322 322 • WHATSAPP 060 012 3456

CALL FOR SUBMISSIONS



Hey Rise Sisters!!!

Rise magazine is looking for writers! If you're a Rise member and would like to write for the magazine, submit a 400 word piece on sexual reproductive health rights issues in your communities. 9 young womxn from all 9 provinces will be selected to attend training on how to be a professional writer. Who knows, your story could even be featured on the next issue of Rise magazine!

To showcase your writing talent, submit your story to your club's provincial team no later than the 30 May 2020.

Make sure to include your name and contact details on your submission!

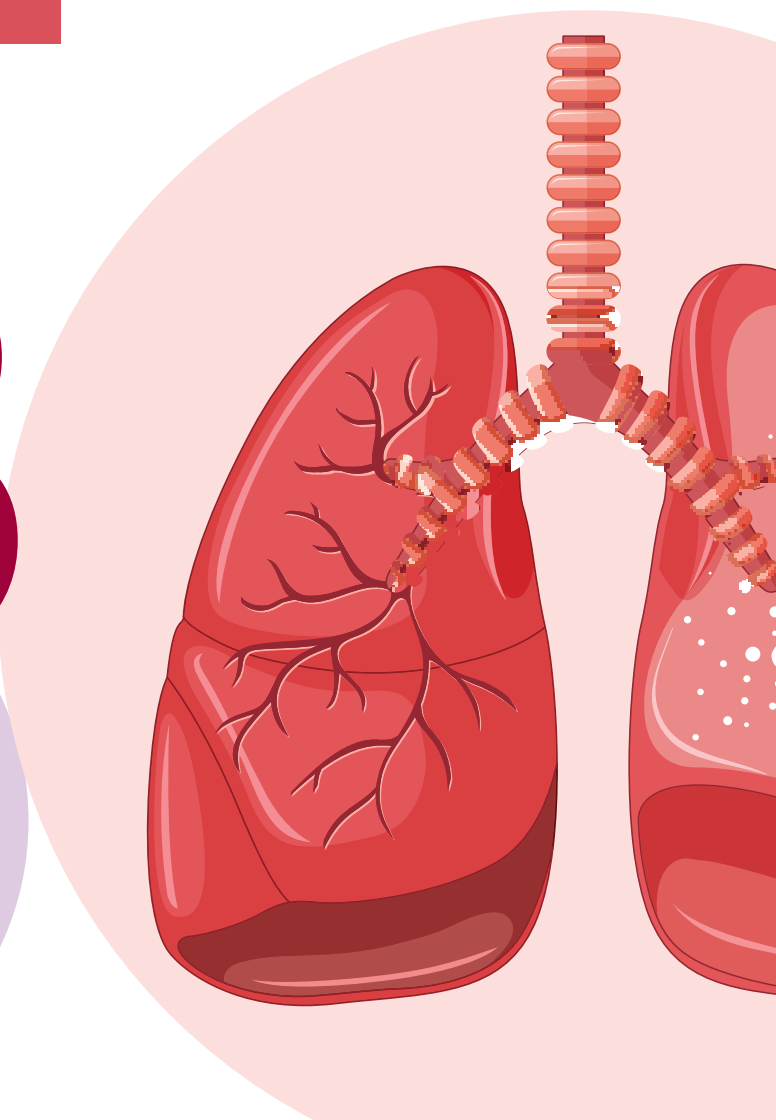


ALL YOU NEED TO
KNOW ABOUT

TB

FACT FILE:

- Tuberculosis (TB) is a bacteria - a type of germ.
- TB is spread through the air when people cough, spit or sneeze and breathe in the germ.
- TB can be cured.
- If you have HIV and TB, the TB treatment will still work to cure your TB.



Q&A on TB

Q. WHAT IS LATENT TB:

A. Someone has latent TB if they are infected with the TB bacteria but do not have signs of active TB. Latent means the germ is in your body but has not made you sick yet. You do not feel ill but can develop active TB in the future. Someone with latent TB will be asked to take TB medication to prevent them from developing active TB.

Q. WHY SHOULD I TAKE PILLS TO TREAT LATENT TB WHEN I DO NOT FEEL ILL?

A. You have been asked to take treatment for latent TB because your health-care worker believes you have an increased chance of developing active TB. There is medicine available to treat latent TB. Sticking to taking the medication properly and at the right time can prevent the infection from becoming the active disease.

Q. DO I NEED TO TAKE MEDICINE TO PREVENT TB IF I AM LIVING WITH HIV AND RECEIVING ART, AND HAVE A HIGH CD4 CELL COUNT?

A. All people living with HIV should take medicine to prevent TB, regardless of their CD4 cell count. Although taking ART reduces the risk of developing TB among people living with HIV, the risk remains very high compared to HIV-negative people.

Taking ART as well as medicine to prevent TB will reduce the risk of TB.

Q. SHOULD I RECEIVE TREATMENT TO PREVENT TB IF A PERSON IN MY FAMILY HAS MULTI DRUG-RESISTANT TB?

A. Please consult your health-care worker. If they think the risk of you developing multi drug-resistant TB is high, they will offer to provide you with treatment.

Myths & facts about TB

TB runs in the family; it is a genetic / hereditary ailment.

TB is a germ, which can attack simply anyone. Heredity or genes have simply no role.

Each and every TB patient spreads the disease.

About a third of TB patients are infective – mainly those lung cases who, while coughing, emit germs into the air... if the patient doesn't have a cough, there is no risk of infection.

TB patient must at once be sent away – to TB hospital / sanatorium.

Once effective treatment begins, even a sputum positive (infective) patient quickly turns germ free (non-infective). So if the patient religiously takes proper treatment and observes precautions while staying at home, he poses no additional risk of infection to his family members. That is why now-a-days home-treatment is the norm and hospitalisation an exception. The concept of a TB sanatorium is a thing of the past.

There is no cure for TB; it means sure death

TB is curable. Effective anti-TB medicines have been available since 1950's. However, there is one problem – Treatment of TB is pretty long. Medicines must be taken for a minimum of 6 to 8 months for complete cure.

TB treatment is very expensive.

Treatment of TB is not expensive.

TB only occurs in the lungs

TB mostly (80%) occurs in the lungs. TB can occur anywhere in the human body – from head to toe.

Exposure to a TB patient leads to infection and infection means sure disease.

Being infected is not synonymous with falling sick with TB.

After a couple of months of proper TB treatment, symptoms subside and the patient feels much better. Thereafter, the patient can safely stop anti-TB medicines

Treatment of TB is pretty long. Medicines must be taken for a minimum of 6 to 8 months for complete cure, Otherwise you risk relapse and complications.

TB is spread in taxis

TB is not spread through spitting or sharing crockery or cutlery. You need to be exposed to TB droplets in the air for eight hours or more to be at risk of contracting the illness – so the idea that TB is easily spread on public transport is also a myth.

PLAY YOUR PART TO STOP TB:

- Cover your mouth with your elbow when you cough or sneeze.
- Keep windows open so the germs can blow away.
- Wash your hands often.

Q. WHAT SHOULD I DO IF I DEVELOP SIDE EFFECTS FROM THE TREATMENT?

A. If you are receiving treatment for latent TB, and become aware of symptoms such as losing weight; nausea; vomiting; abdominal pain; being too tired or weak; dark-coloured urine; pale stools or jaundice, you should immediately contact your health care provider.

Q. SHOULD PREGNANT WOMEN LIVING WITH HIV TAKE TB PREVENTIVE TREATMENT?

A. Pregnant women living with HIV are at risk for TB, which can have bad consequences for both the mother and their unborn child. Pregnancy should not disqualify them from receiving preventive treatment. The health-care worker will determine the best time to provide treatment.

WHAT IS CANCER?

Our body is made up of millions of little cells which help us to function. The cells do different jobs. For example, brain cells help us to think. Cancer cells are cells that have stopped working normally. They grow out of control and interfere with normal body functioning. Cancer can start in one part of the body then travel to other parts.

BREAST CANCER AND CERVICAL CANCER

Every year almost 7 000 women die in South Africa from breast and cervical cancer.

In breast cancer, a lump forms in the breast tissue, but you may not notice it until it is big. Your cervix is the opening that connects your vagina to your womb. Cervical cancer is when a sore forms on your cervix.

HOW DO YOU GET CANCER?

We don't know exactly how cancer cells start. Here are a few things that we do know:

- Cancer can be caused by certain viruses like HPV (human papilloma virus).
- You cannot catch cancer from another person.
- Some women are more likely to get breast or cervical cancer than others. Usually these women: are over 40 years old

smoke cigarettes

- have a history of cancer in the family
- are HIV positive (for cervical cancer only)
- drink alcohol

SYMPTOMS OF BREAST CANCER

- lumps in your breasts
- discomfort in your breasts
- "inverted" nipples (the nipples turn inward)
- a discharge from your nipples

HAVING SOME OF THESE SYMPTOMS DOES NOT MEAN YOU HAVE CANCER. BUT IT IS BEST TO CHECK IT OUT AT YOUR CLINIC.



Sisterhood

Discuss in your club:

Invite your local doctor or nurse to tell your club more about cancer.

Organise an event for the women in your community to talk about cancer.

SYMPTOMS OF CERVICAL CANCER

- abnormal bleeding from the vagina in between periods, during or after sex
 - discomfort or pain during sex
 - a vaginal discharge with an unpleasant odour
- Having some of these symptoms does not mean you have cancer. But it is best to check it out at your clinic.

WHO IS LESS LIKELY TO GET CANCER?

- Women who had the HPV vaccine at school.
- Women who breastfed their children for 1 year.

CAN CANCER BE TREATED?

There are three main ways to treat cancer:

SURGERY: This is when doctors perform an operation to remove the cancerous lump.

CHEMOTHERAPY: Medicines given to fight cancer cells in the body.

RADIATION: Use of high-energy rays, similar to x-rays, to fight cancer cells.

Many women who die from cancer could have been treated successfully if it was picked up earlier. If the cancerous cells are picked up early, doctors can often remove the cancer lump. If there are already painful symptoms, the cancer might have spread to other parts of your body. This makes it harder to treat.

SOME USEFUL WORDS:

BENIGN: A lump that doesn't have cancer cells is benign.

MALIGNANT: A lump that does have cancer cells is malignant.

BIOPSY: An operation or needle put in to take out a piece of tissue to see if there are any cancer cells in it.

ONCOLOGIST: A doctor who treats people who have cancer.

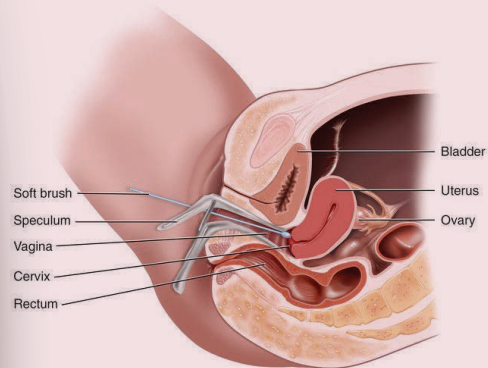
REMISSION: When the symptoms of cancer are no longer there

CHECK-UPS TO STAY HEALTHY

A PAP SMEAR

A pap smear is a test done to check if your cervix is healthy. The person doing the test uses an instrument that is inserted into the vagina to gently scrape cells from the cervix. The cells are sent to a laboratory to see if there is anything abnormal.

- Pap smears are recommended for all women over 30 years. You should have at least 3 in your life at 10-year intervals.
- HIV positive women of all ages should have a pap smear once every year.
- You should be able to get a pap smear from your local clinic. If they don't offer the service, ask for a clinic near you that does.

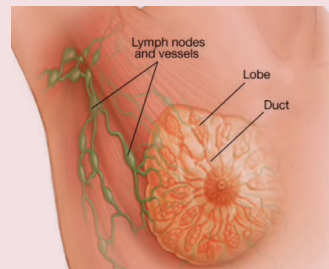


BREAST EXAMINATION

Check your breasts every month just after your period. Use the flat part of your hand to feel for lumps.

Also feel your armpit area. If there are any lumps, go to your clinic to have it checked.

Remember that not all lumps are cancerous. Some lumps are non-cancerous and don't spread.



THE CERVICAL CANCER VACCINE

The Human Papilloma Virus (HPV) is sexually transmitted. It can cause cervical cancer. Girls from the age of 9 to 14 should get an HPV vaccine.

You can get the vaccine up to the age of 26, but is best to get it before you become sexually active. Speak to your school about whether they will offer the vaccine to your children or younger sisters.

TAKE A

Healthy Eating

QUIZZ

Why are South Africans getting fatter? Part of the answer is that we exercise less and eat more fast food. To eat well, it helps to know a few facts. Test your knowledge of healthy eating with the Rise quiz.

Healthy Eating Quiz { Indicate T(True) of F (false) in the circle below }

1. As long as you eat a proper dinner of meat and starch and veg, you'll be fine. Other meals don't matter so much.
2. Dairy contains sugar.
3. Eating fat is to be avoided if at all possible
4. Every night, i eat spinach on the side. It's the only
5. If i switch to coke zero, i'll lose weight. Artificial sweeteners don't make you put on weight like regular sugar does.
6. I don't put too much salt on my food, and that's good, right?
7. Rooibos tea is good for my health.
8. When it comes to keeping the heart healthy, butter is better than hard-brick margarine.
9. I love my shisa nyama. Meat makes you strong, so i pile my plate high!
10. Don't like the taste of water so i drink orange squash instead. It must be healthy because it comes from a fruit, right?



1

FALSE: breakfast is actually the most important meal of the day.

2

TRUE:

Yes, milk contains sugar. That's why babies are sweet on mother's milk. but milk also contains minerals and calcium, which are good for bones and teeth.

3

FALSE: Our bodies need fat, and it also helps us to feel full. Just don't have too much of it..

4

FALSE: Spinach is loaded with nutrients and one of the healthiest vegetables to eat. Ideally, we should include servings of different coloured vegetables, as well as other green vegetables. We should eat five servings of vegetables a day.



6

TRUE:

Too much salt can drive up a person's blood pressure. There is already salt in bread, cheese and processed food so it's best to go easy on adding the table salt.

5

FALSE:

It is true that sugar makes us gain weight, but artificial sweeteners won't necessarily help us to lose weight about the effect about the effect of diet cooldrinks on the body so it's best not to have too many of them. Water is always the cheapest and healthiest choice

7

TRUE:

Rooibos tea is a sugar-free, caffeine-free drink that can help us to stay hydrated.



8

TRUE:

butter contains saturated fat, which we need to limit. but most hard-brick margarines contain saturated fat as well as trans fat, which is the most harmful kind of fat for the heart. We should always avoid hard-brick margarines. Rather use butter or soft, spreadable margarine in a container.

9

TRUE:

Meat is rich in iron and other nutrients that are good for the blood. but we should only eat a serving as big as a pack of cards.

10

FALSE: While it is true that orange squashes, like oros, don't have as much sugar as cooldrinks, they are still high in sugar and have almost no fruit in them. They may also have lots of other unhealthy things, like preservatives and colourants. Water is best.



Menstruation

WHAT IS A PERIOD?

Your period is a natural part of growing up. When you see blood in your panties, it means that the egg made by your ovaries was not fertilised and two weeks later your body realises this and sheds the lining of the womb.

1. Lining grows

A lining grows in your uterus. The lining is made of blood and tissue. It is called the endometrium. The endometrium prepares your uterus for a baby, in case you fall pregnant.

2. Ovulation

The ovary lets go of the egg. The egg then travels into your uterus or womb, via the fallopian tube. If you have sex then the egg may be fertilised by the male's sperm. If so, the fertilised

egg will plant itself into the lining of your uterus and begin to grow into a baby. If the egg is not fertilised, it passes straight out of the body but is so tiny no-one notices.

3. Menstruation

If the egg is not fertilised by sperm during sex then after two weeks the endometrium (lining) comes away. The menstrual cycle is part of your reproductive health. Reproduction means being able to have a baby. Women are truly special this way.



Q: AT WHAT AGE SHOULD I START MY PERIODS?

A: Your period can start anywhere between the ages of 11 and 16 years old. It can take a couple of years for your periods to become regular.

Q: HOW MANY DAYS SHOULD MY PERIOD LAST?

A: Anything from 3 to 7 days long. If your period is longer than 7 days, see a nurse or doctor.

Q: HOW LONG IS A NORMAL MENSTRUAL CYCLE?

A: Between 21 and 35 days.

Q: HOW DO I WORK OUT HOW LONG MY MENSTRUAL CYCLE IS?

A: The first day of your period is day 1 of your menstrual cycle. The last day of your cycle is the day before your period starts again.

(The circles on the calendar, opposite, show when the woman had her period. It's your turn to start your menstrual calendar! Use this calendar for the rest of 2020.)

Q: HOW DO I KNOW IF MY BLEEDING IS NOT NORMAL?

A: See a nurse or doctor if you:

- have to change your sanitary pad or tampon after only 1 or 2 hours
- you have periods that last for more than 7 days
- you have blood clots bigger than the inside of your cupped palm. Smaller blood clots are normal. Clots are like thin jelly, and can be dark red in colour.

Q: HOW DO I KNOW IF MY CRAMPS ARE NORMAL?

A: You get menstrual cramps when the muscles of your uterus tighten to help loosen the lining (endometrium) from the wall of your uterus. If you suddenly start to have much more painful cramps than before, see a nurse or doctor.

Q: WHAT CAN AFFECT MY MENSTRUAL CYCLE?

A: Your menstrual cycle will change if you:

- take the pill as a contraceptive - your period will become regular, and you might have lighter bleeding
- use a contraceptive injection – your periods could become irregular
- are pregnant – your periods will probably stop completely
- are extremely active in sports – your periods might stop for a long time.



Menstruation
Calendar 2020

JANUARY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY

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MARCH

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29	30	31				

APRIL

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31						

JUNE

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JULY

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AUGUST

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30	31					

SEPTEMBER

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OCTOBER

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25	26	27	28	29	30	31

NOVEMBER

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DECEMBER

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CHECK UP

Down there



Every woman has vaginal discharge: the fluid or mucus that comes out of a vagina. It's nature's way of cleaning out our vaginas. But what's normal and what's not? Read on to be your own vaginal discharge detective.

It is normal and healthy to produce a clear or white discharge from your vagina.

This discharge is produced naturally from the neck of the womb, known as the cervix.

It's nature's way of cleaning out the old cells.

HEALTHY DISCHARGE:

- May make us feel wet, but not sore, itchy or burning
- Often leaves a yellow, slightly crusty stain on our underwear when it dries.

HOW DO WE KNOW IF OUR DISCHARGE IS UNHEALTHY?

Any sudden change in your discharge can be a sign of an infection.

Some of these infections, like gonorrhoea, are passed on during sex. Others, like vaginal thrush, are not.

WATCH OUT FOR THESE CHANGES IN YOUR NORMAL DISCHARGE:

- a change in colour or feel
- a sudden bad smell
- an unusually large amount of discharge
- another symptom alongside the discharge, like itching outside the vagina, pain in the pelvis or tummy
- unexpected bleeding from your vagina.



BE A VAGINAL DISCHARGE DETECTIVE

YOUR VAGINAL DISCHARGE TELLS A STORY. THIS TABLE WILL HELP YOU TO WORK OUT WHAT IS GOING ON WITH IT. PUT A TICK NEXT TO WHAT IS HAPPENING WITH YOUR DISCHARGE.

DO YOU HAVE: (Tick the box)

- Clear or milky white discharge?
- Brown discharge for a day or two after your period?
- From thin to quite sticky discharge depending on where you are in your cycle?
- Neutral or pleasant-smelling discharge?

If you have ticked the above boxes then your discharge sounds normal.

"I ALWAYS LOOK AT MY DISCHARGE IN MY PANTIES WHEN I GO TO THE TOILET. SOMETIMES, IF I AM WORRIED, I EVEN SNIFF IT! I LEARNT THIS FROM A DOCTOR. IF IT SMELLS BAD, THERE'S A CHANCE I HAVE AN INFECTION."

– 20-YEAR-OLD WOMAN, GAUTENG

DO YOU HAVE: (Tick the box)

- Yellow-green, or grey-white discharge?
- Itchy discharge?
- Thick, clumpy discharge (like cottage cheese) that is itchy?
- Unpleasant or fishy-smelling discharge? A rash?
- More discharge than usual?
- Pain during or after sex?

ARE YOU: (Tick the box)

- Itchy?
- Sore around your vagina?

If you ticked any of the above boxes, you may have an infection. Most infections are easy to treat, but they won't go away on their own. Visit your clinic or healthcare worker to get the medicine you need to be comfortable again.

If you have an infection, the most common causes are:

- Thrush – a fungal infection that commonly affects The vagina. Most women have it at some stage in their lives.
- Bacterial vaginosis – a mild bacterial infection of the vagina
- Trichomoniasis – a sexually transmitted infection (sti) caused by a tiny parasite
- Gonorrhoea or chlamydia – stis caused by bacteria
- Genital herpes – an sti caused by the herpes simplex virus.

What else can make your vagina sore and cause abnormal vaginal discharge?

- Strong or very perfumed soap, bubble baths and shower gels can make you sore and itchy.
- The vagina is self-cleansing, so there is no need to wash inside it (called douching).
- Douching can upset the natural balance of bacteria and fungi in your vagina and lead to thrush or bacterial vaginosis.
- Use warm water to gently wash around your genitals, and very mild soap if you need it.

MY BODY

My Rules

Condoms

Condoms work! They protect you from both sexually transmitted infections (STIs) like HIV, and unwanted pregnancies.

There are two types of condoms - Male and female condoms. Get into the habit of having your own condoms. Female condoms put the power of protection in your own hands.

THINK ABOUT THE TIMES WHEN:

- You don't know if your partner will be prepared and have condoms with him.
- Your partner doesn't want to wear a condom.
- You want to make sure that you are prepared for sex. You can put the female condom in a few hours before.

Condoms are the **ONLY** contraceptive that prevent you from getting sexually transmitted infections (STIs). Even if you are on other contraceptives, you should still use condoms to avoid STIs.



The Pill



HOW DOES THE PILL WORK?

Contraceptive pills have hormones that stop you from being fertile.

HOW DO YOU USE THE PILL?

The pill comes in a packet of 28 pills. You must swallow one each day at the same time, even if you are not going to have sex. To help you remember, take your pill at the same time as you usually do something else.

If you forget even one pill you can get pregnant. You must take the missed pill as soon as you remember and keep taking your pills as usual after that. But if you are having sex at the same time, then you **MUST** use a condom until the packet of pills is finished to avoid falling pregnant.

WHAT STOPS THE PILL FROM WORKING?

The pill can fail if:

- you forget to take it
- you take antibiotics or herbal remedies – always check with the clinic or a doctor about this
- you have vomiting and/or diarrhoea; your body might get rid of the pill before it has entered your blood stream.

ADVANTAGES OF TAKING THE PILL

It is free of charge at most clinics.

- It can make menstrual cramps less painful. Your periods become regular and you have a lighter blood flow.
- It can reduce acne problems.

DISADVANTAGES OF TAKING THE PILL

Each woman is different. Some side effects might go away quickly. You have to keep trying until you find the contraceptive that is right for you, your health and your lifestyle.

- hormonal contraceptive methods can increase your appetite. You can handle this through diet and exercise.
- You might get nausea, headaches, dizziness and tender breasts.
- Some women lose their libido – their desire to have sex.
- Women who have a higher risk of blood clots should not take the pill as it can cause a stroke.

Implant



The implant is a soft tube the size of a match stick. The healthcare provider inserts it on the inside of your upper arm. She will give you an anaesthetic injection so that it doesn't hurt. You will probably wear a plaster over it for a few days. It is quick and easy to insert. A healthcare provider can remove it easily as well.

Lasts:	Up to 3 years
Get it:	Free at a government clinic
Effectiveness:	Very effective

Remember: *To write down when you got it so you know when you need the next one*

WILL IT PREVENT STIS? NO

How long after taking out the implant will I be able to get pregnant? A few weeks

Injection



The injection is safe for women of all ages.

You get it either every 2 or 3 months. This depends which injection you take. Ask which injection you're on, and find out more about it. Unlike the pill, you don't have to remember to take your contraceptive every day or week.

Lasts:	2 or 3 months
Get it:	Free at a government clinic
Effective:	Very effective
Remember:	To keep all your appointments for your injection – write it in your diary

WILL IT PREVENT STIS? NO

How long after stopping the injection might it take me to get pregnant when I want to? It can take up to 12 months

The copper IUD

The IUD is an Intrauterine device, which means it is inserted inside the uterus (womb). People also call it 'the Loop'.

The IUD contraceptive could be your choice if you don't like having to remember to take a pill every day, or getting an injection every few months. A health worker at a clinic puts it into your uterus. If you have an STI, you must treat it before you can have an IUD inserted. The IUD works for 10 years. You can use a copper IUD for emergency contraception. If you've had unprotected sex and are worried about an unplanned pregnancy, you can have it inserted within 5 days of having sex. You can then keep it in as your contraceptive.

IT IS:

- 99% effective
- must be inserted by a specially trained health worker
- takes about 5 minutes or less to put in
- can be removed easily by a health worker



PREP ← What you know about

PrEP is medication that you can take before you are exposed to HIV and it will protect you from getting infected by the virus.

Pre= before

Exposure = coming into contact with HIV

Prophylaxis = a medicine to prevent infection

PrEP does NOT protect you from other sexually transmitted infections such as herpes or syphilis. You have to use a condom to be protected from these.

How to take PrEP?

Taking PrEP is like taking the contraceptive pill. You have to take a pill everyday at the same time. You have to take the medication for 20 days in a row before you are protected from HIV.

If you miss taking the pill for one day and have unprotected sex you risk becoming HIV positive.

Who is PrEP for?

PrEP is for anyone who has a high risk of becoming HIV positive.

Your risk of getting HIV is high if:

- You are having unprotected sex with someone and you don't know their HIV status
- It's not easy to always use condoms with your partner.

If your situation changes, and you are not at risk of getting HIV anymore you can stop the medication.

Taking a pill everyday for HIV protection is not for everyone. There are other options that might be better for you like using condoms. If your partner refuses to use condoms, think about whether you want to stay in the relationship.

Are there side effects?

Side effects from taking PrEP include: nausea, headache, tiredness and vomiting. These side effects don't last. When your body gets used to the medication they will stop.

When can you get PrEP?

PrEP is not yet easy to get through public hospitals and clinics. However government plans to expand in the future to make it more available.

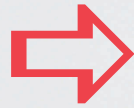
You can buy PrEP for between R300 to R550 a month through a pharmacy. You will have to get a doctor's prescription first.

The doctor will ask you to take an HIV test to make sure you are not already HIV positive. If you are HIV positive, PrEP won't work and you may need to take ARV medication.

Taking a pill everyday for HIV protection is not for everyone. There are other options that might be better for you like using condoms.



... need to
... out....



PEP

Post-exposure prophylaxis (PEP) is a medicine you take after you have been exposed to HIV. If you take it correctly you will not get HIV.

You have been exposed to HIV if bodily fluids from someone who is HIV positive - like blood, semen or vaginal fluids - enter your body and bloodstream. You can't get HIV from someone's spit.

You should take PEP if you:

- *Have been raped
- *Have sex with someone without a condom and don't know their HIV status.
- *Share a needle with someone and don't know their HIV status.

When do you start taking PEP?

You have to start the medication not more than 72 hours after you have been exposed to HIV. The medication works better the sooner you take it. Get help as soon as you can.

Where can you get PEP?

- From all clinics, hospitals and community health care centres, for FREE
- From a pharmacy for between R300 to R400. To buy PEP you will need a prescription from a doctor.

Remember: You have a right to access PEP. You don't have to tell the healthcare worker how you were exposed to HIV. You just need to say that you could have

been exposed to HIV. Go with a friend who can support with you.

How to take PEP?

You take 1 or 2 pills everyday for 28 days. For the drugs to work, you have to take all the pills at the right time.

Are there side-effects?

A common side effect is nausea. Diarrhoea, headaches or vomiting are also possible. These side effects do not last. Once you stop the medication you will go back to feeling normal.

Support for staying on PEP

If you miss taking any pills, there is a chance you will become HIV positive. Support from others, makes it easier to stay on the medication.

- Ask a friend or family member to remind you everyday.
- Keep an alarm on your phone that goes off everyday at the right time.
- Go see a counsellor. They will give you support for any trauma you experienced and help you stay on the medication.
- If your side-effects are bad, go see a doctor. Don't stop taking the pills.

You have a right to access PEP. You don't have to tell the healthcare worker how you were exposed to HIV.

What to do after **UNPROTECTED SEX**

Maybe the condom slipped off, or you were forced, or you got carried away... unprotected sex happens. The sooner you take action, the better your chances of avoiding pregnancy or HIV.

Morning after pill

one step to think about is the 'morning after pill', also called the emergency contraceptive pill (ECP). You can still take ECP within three days of unprotected sex to prevent pregnancy.

But you can't buy it over the counter at your pharmacy. Get it from your clinic or a doctor. the sooner you take it the better your chance of preventing pregnancy.



Need to know

- You could get side effects from the emergency contraceptive pill (ECP). Like irregular periods, sore breasts, cramps, and headaches. You could feel dizzy and very tired. But the side effects shouldn't last long.

- You can't use ECP as a regular contraceptive. The tablet is very strong. That's why you need a prescription if you can't get it at a clinic. It must only be used for an emergency.

- The ECP can't protect you from HIV and other sexually transmitted infections (STIs). Talk to your clinic healthcare provider or doctor about this. On the bright side, it's an opportunity for you and your partner to have tests for STIs.

Worried about HIV?

Ask the clinic or doctor about antiretrovirals (ARVs). You must start taking them within 72 hours of unprotected sex. ARVs won't protect you if you are already HIV+.

The emergency IUD

There is also the emergency copper Intrauterine device (Iud). You must have it inserted at a clinic or doctor within 5 days of having unprotected sex. As a bonus, you can keep it in as your regular contraceptive method.

It can last up to five years. remember to double up with a condom to protect yourself against pregnancy and STIs.



Don't let the condom split

Make putting on a condom part of getting sexy together. But, sister, keep a clear head until that condom is correctly on. remember:

1. Squeeze the tip of the condom before rolling it on his penis so there's no air bubble.
2. roll it onto his erect penis with the rim on the outside.
3. If you're going for lubrication, check it says 'water based'. If you use oil based lubes the condom could break. And only lube after the condom is on.
4. He must withdraw his penis while it is still erect, twist it closed, tie it and throw it in a bin.

Traumatised or upset? Maybe the unprotected sex didn't happen in a loving relationship? Perhaps you were raped or otherwise forced? Or he insisted on 'flesh to flesh'? Talk to a counsellor. **Stop Gender Violence hotline: 0800 150 150 LifeLine: 0861 322 322**

WHY KNOW YOUR **HIV** STATUS?

WHAT ARE THE BENEFITS OF KNOWING YOUR HIV STATUS?

If you are HIV negative, you can make sure that you stay that way forever.

If you are HIV positive, you need to know about the medicines that can save your life. You also need to know how to protect yourself from more exposure to HIV, and to protect your partner from getting it.

WHERE CAN YOU GET A TEST?

You can get a test at a clinic, hospital or doctor's surgery.

WHAT CAN YOU EXPECT WITH THE TEST?

1. Before Test Counselling

The healthcare worker will tell you about the test and answer any questions you have. If you decide to have the test you will sign a consent form.

2. The Test

The healthcare worker will prick your finger to get a drop of blood. She or he will tell you if your result is positive or negative for HIV.

3. The Results

If the result is HIV positive:

- They will do another test to confirm the result.

If the result is still HIV positive:

- The healthcare worker will send a sample of your blood to a laboratory for another test, just to be completely sure. They will call you when the results are back, counsel you and advise you on how you should take care of yourself going forward.

IF THE RESULT IS HIV NEGATIVE:

- They will ask you to come back in three months' time for another test. This is because the HIV virus can "hide" in your body in the first weeks after you are infected. This is called the window period.

4. After test counselling

Whether you have tested positive or negative for HIV you will have post-test counselling. This helps you to plan how to stay fit, healthy and happy.



Discuss in your club:

- Discuss why you think people don't go for HIV testing.
- Find out where HIV testing is offered in your community.
- Consider going for testing together as a Club.
- Create posters about the importance of HIV testing and display them where people can see them.

WHAT TO DO AFTER

rape

South Africa has one of the highest numbers of reported rapes cases in the world. Recent reports state that one person gets raped in South Africa every 13 minutes.

Rape is NEVER the victim or survivor's fault. Because of the high number of rape cases in South Africa, being prepared to deal with such an ordeal is the disgraceful reality womxn have to deal with.

DEFINITION

According to the Criminal Law – Sexual Offences and Related Matters, Amendment Act, rape is defined as, 'any person (perpetrator) who unlawful and intentionally commits an act of sexual penetration with a complainant (victim or survivor) without the consent (permission or agreement) of the complainant.'

Rape can also be defined as penetration, no matter how slight, of the vagina or anus with any body part or object, or oral (mouth) penetration by a sex organ of another person, without the consent of the victim.

INVOLUNTARY BODILY RESPONSES

An example of an involuntary bodily response is cutting an onion while cooking. You may not feel sad while you cook but your body may automatically respond to the chopped onion by tearing up.

Rape survivors have described how they involuntarily froze, or in some cases, became aroused (became wet) and sometimes even orgasmed while being raped. Experts say involuntary body responses are the body's way of responding to fear and shock.

The body may react in many possible ways to try to lessen the trauma and physical pain of the forced penetration.

Such responses may lead to increased feelings of guilt, agony and self-loathing or depression.

Victims can end up blaming themselves for the rape if their bodies react in a confusing way to the assault.

‘The body may react in many possible ways to try to lessen the trauma and physical pain of the forced penetration.’

Victims can feel that this reaction may have encouraged the rapist.

This may cause the victim to feel betrayed by their own body, even if they refused or fought against the rapist.

SECONDARY VICTIMISATION

Secondary victimisation is when the behaviour and attitudes of social service providers blame the victim. This can further traumatise victims of violence who should be treated with respect and consideration.

WHAT TO DO AFTER A RAPE

1 Get to safety and try by all means to stay alive

2 Tell someone

Tell a friend, family member or someone close to you who can assist. Go to the hospital, or police station and be alert for secondary victimisation. Short skirts, being drunk, high on drugs or married cannot be used against you as a reason for the rape.

3 If you are home when the incident happens, do not wash yourself

Even though it may be uncomfortable, do not wash until you've been seen by a health professional. Any blood, semen on your body/ clothing may be used as evidence for your case.

4 Ask for a rape kit when you arrive at the hospital

The rape kit will include DNA collection by a medical doctor or nurse in public hospital anywhere in the country. Also ask for medical treatment such as PEP (Post-Exposure Prophylaxis) which should be taken within 72 hours after the rape. Taking PEP, an antiretroviral medication, after being potentially exposed to HIV, will help prevent you becoming infected with HIV.

5 Try to get counselling

Your mental health is as important as getting physical treatment. For rape abuse assistance there are various hotlines and places of safety that you could visit.



Sisterhood

Discuss in your club:

1. Does your community have a rape crisis centre?
2. Organise a meeting with your local councillor to highlight all the unsafe spaces in your community. Find out what kind of plans they are making to ensure the safety of young Womxn.
3. Does our country need better laws to prosecute sexual offenders?
4. How can you better support a friend who has been raped?

WHERE TO GET HELP

Thuthuzela Care Centres Tears Foundation
Free hotline *134*7355#

The Gender-Based Violence Command Centre (GBVCC) is a 24-hour call centre set up by the Government to offer support and counselling to victims of gender-based violence. For assistance and to speak to a social worker call 0800 428 428. This is a free number. Or try 012 740 9620. Callers can also request a social worker from the Command Centre to contact them by dialling *120*7867# from any cell phone. This is also a free number.

Life Line 24 hour crisis line 0861 322 322 or 011 7281347

Rape Crisis Cape Town 24 hour crisis line 021 447 9762

STAYING ALIVE

"I have thoughts of suicide. What should I do?"

Poor mental health affects everyone at some point of their lives. Having depression doesn't mean you are crazy, it is a very common problem in society and it can be treated successfully with counselling, therapy and medication if necessary. Never feel ashamed to ask for help.

People who commit suicide want to get away from pain, and don't have other ideas of how to escape their feelings. But suicide is sadly a permanent solution to a temporary problem.

Many people have thought about killing themselves at some time. It is definitely not a sign of weakness so don't feel afraid to talk about these feelings and ask for help.

- Tell someone as soon as possible. If there is nobody you can talk to in your family, or no friend you can tell, please call one of the helplines provided.
- Don't be alone. Try to find a friend or family member to be with you.
- Ask your family to lock away anything that may trigger you or cause you to self-harm.

IF YOU ARE WORRIED ABOUT A FRIEND OR FAMILY MEMBER BEING SUICIDAL

- Talk to them. Asking about suicidal thoughts or feelings won't push someone into hurting themselves. In fact, giving them a chance to talk may reduce the risk of suicide.
- Be gentle, but don't be afraid to ask direct questions, like :
 - how are you coping with what's been happening in your life?
 - do you ever feel like just giving up? Are you thinking about hurting yourself?
- If someone has talked about killing herself, take it seriously. Many people who attempt suicide have told someone about it before they do it.

HOW DO I RECOGNISE DEPRESSION IN MYSELF OR OTHERS

Situations or experiences in our lives can cause us to have negative emotions. The emotions can sometimes be so strong that they make it hard for us to escape the

dark places in our mind. Different things can cause poor mental health - such as an imbalance in the chemicals in your brain, an illness that runs in the family or a traumatic experience. There are signs that may alert you to a mental illness.

SIGNS OF POOR MENTAL HEALTH:

- Having a hopeless outlook on life
- Losing interest in your life
- Uncontrollable anxiety, emotions or mood swings
- Change in appetite or weight
- Sleeping too much or too little
- Using substances like alcohol or drugs as a way to cope
- Constantly thinking of negative experiences
- Thinking of harming yourself or others
- Not finding the strength to perform daily activities

Every mental illness is different and people handle it differently. Remember, there is strength in asking for help. You do not have to go through it alone. **DO NOT SELF-DIAGNOSE.** It is important to seek help to lessen these negative feelings and get back the balance which keeps you mentally healthy

TIPS FOR MAINTAINING GOOD MENTAL HEALTH:

- Make time for your hobbies
- Take care of your body by exercising, drinking water and eating well
- Surround yourself with positive people
- Volunteer your time to help others
- Learn to deal with stress by finding ways to cope. A good tool is meditation
- Set realistic goals at school or work. Write down the steps for achieving them
- Challenge yourself by doing something new

If you need help, you can contact:

SADAG (SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP) on **0800 12 13 14** or log onto www.sadag.org/ Lifeline. To contact a counsellor between 8am-8pm Monday to Sunday call: **011 234 4837**. For suicidal emergency call **0800 567 567**

LIFELINE www.lifelinesa.co.za 24 hours, every day: call centre **0861322322**

GENDER VIOLENCE toll-free 24 hour helpline **0800 150150**

Send a please call me to **0833231023** or www.lovelife.org.za

Lifeline AIDS toll-free 24 hour helpline **0800 012322**

**DEPARTMENT OF SOCIAL DEVELOPMENT
SUBSTANCE ABUSE** Line 24hr helpline **0800 12 13 14**
or **SMS 32312**

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You can also approach your local municipal health clinics or local hospitals about Community Psychiatric Services that offer counselling services as well as consultations with psychiatrists if medication is needed.

Ask the experts

The experts answer you health and wellbeing questions. Get in touch with us.



Soul City Institute
Rise Talk Show
Rise Women's Clubs



@soulcity_sa
@RiseTalkShow

PREGNANT AGAIN

I'm 19 years old and I have a two-year old baby boy. Now I am pregnant again. I want to terminate the pregnancy. I don't know where I can go because doctors are expensive and I can't afford to pay them.

DECIDED"

DEAR DECIDED,

It's good that you know what you want regarding your pregnancy. The law recognises your right to end an unwanted pregnancy through the Choice on Termination of pregnancy Act. You have to terminate your pregnancy before you are 20 weeks pregnant.

There are many people out there who are not professionally trained to perform abortions. Please, do not go to someone who's number you find on a street pole or pamphlet. Rather go to your local clinic and they can refer you to a facility that can help you.

Marie Stopes clinics are also approved by the government to provide safe abortion services. You don't need to worry about them judging you, because they are there to provide safe abortions.

Wishing you well in your life,

THE CONDOM GOT STUCK?

Can you get pregnant when a condom gets stuck inside you and comes out empty?"

Dear XY,

Yes, you can get pregnant that way. The guy's sperm could have leaked into your vagina. After your guy has ejaculated, he should hold the condom at the base of his penis while it is still erect. He should withdraw from your vagina and pubic area while still holding the condom at the base of his penis. He should then tie it securely and throw it away. You can help him do all this – it can be nice and intimate doing it together. If this happens again, and you are really worried about getting pregnant, go to your clinic or doctor and ask for emergency contraception.

It's great that you and your partner are using condoms. Think about doubling up now. Use dual contraception to prevent pregnancy and HIV and other sexually transmitted infections. This always means condoms and another type of contraception, like the pill.

Keep condomising!

LOSING WEIGHT

What things can you do to lose weight without going to the gym?

WANT2BHEALTHY"

DEAR WANT2BHEALTHY,

It's great that you want to be healthy. If you want to drop weight you can go for a combination of changing what you eat and doing exercise you enjoy. You don't need to go to the gym for exercise. Go for walks often, preferably with friends. Think about joining a sports team. Jog around the neighbourhood or combine walking with jogging a little. You can do exercises at home that strengthen your body. Aim to do exercise every day for 30 minutes.

Try to cut down or cut out:

- sugar (including sugar-added fizzy drinks)
- biscuits and cakes
- fatty red meat – rather choose chicken
- fast food or junk food

Most importantly, love your body and yourself. Do things that work for you and will make you feel strong and happy.

Love, Rise

ITCHING VAGINA

I have a problem. My vagina is itching badly and now there is thick white stuff. I haven't got a boyfriend at the moment so I don't know what is happening. I'm too shy to go to the clinic.

WORRIED"

DEAR WORRIED

It sounds like you have thrush. You shouldn't be at all shy to go to the clinic – it is their job to help you and make sure that you get the proper treatment. Thrush isn't sexually transmitted and the clinic staff will understand that.

Love, Rise

PAINS AND CRAMPS

"I am 24 years old and I suffer from cramps and pains in my lower abdomen. It feels like kidneys. When I get this pain I have a lot of discharge. I can see it when I take a bath. Painkillers help for a little while but the pain is so strong. It goes on for two days at times.

SCARED"

DEAR SCARED,

There is no need to be scared. But it is important that you go for a checkup and treatment. It could be pelvic inflammatory disease (PID). This can cause infertility if it is not treated. What is critical for every woman is that if you notice an abnormal discharge to go straight away for a checkup. They can be treated!

- a sudden bad smell
- an unusually large amount of discharge
- another symptom alongside the discharge, like itching outside the vagina, or pain in your pelvis or tummy
- unexpected bleeding from your vagina.

By the way, your kidneys are not in your lower abdomen so no worries about that. But you must have safe sex – always.

Love, Rise

URINATING BLOOD

I am 19 years old and sexually active, I had an abortion in 2016 because my then boyfriend did not want the child. He made me feel useless and I decided not to keep the baby however after a month we broke up. Then earlier this year, I met a loving and supportive guy who seems to stand by my side and supports my dreams. We had sex earlier and now he started having problems when he urinates. Either he gets blocked or he urinates blood. I also have the same problem and it gets worse. I itch a lot and this happens when we have sex even if it's protected sex. I really need help and advice for the both of us.

GUILTY"

DEAR GUILTY

The problems that you both are having, have nothing to do with your previous abortion. There are a number of reasons that one can have these symptoms and they are treatable. Both of you should please go to a doctor and get treatment. I would advise you to have safe sex with a condom until you are sure of each other's HIV status.

Love, Rise

STRUGGLING TO DEAL WITH DIAGNOSIS

I was diagnosed with HIV and am struggling to come to terms with this. It's an emotional roller-coaster and I have no one to talk to. I don't have the signs yet and the nurse gave me ARVs to take. But I am always hiding these pills to a point where I sometimes forget where I hid them in case someone finds them. I need help with this thing, it's killing me inside.

SHOCKED"

DEAR SHOCKED

Finding out that you are HIV positive is a shock. I would say give yourself a few months to adjust and accept. Find as much information as possible about the illness. There are usually pamphlets available in clinics. You can also use the internet to answer some of your questions or to look for a support group in your area. In the meantime practice sex safe to prevent re-infection.

In terms of the ARVs maybe you could leave a note on your phone to remind yourself where you hid your pills. You can also put the pills in different containers. Mostly importantly remember there are millions of others managing HIV quite well, you are not alone.

Love, Rise

THUTHUZELA CARE CENTRES AROUND SOUTH AFRICA

Province	City/town/region	TCC	Hospital/clinic	Tel.	Province	City/town/region	TCC	Hospital/clinic	Tel.	
Eastern Cape Province	Bizana Region	Bizana TCC	St Patricks Hospital	039 251 0236 ext. 3066	Limpopo Province	Groblersdal	Groblersdal TCC	Groblersdal Hospital	013 262 3024	
	Butterworth	Butterworth TCC	Butterworth Hospital	047 491 2506		Polokwane	Mangkweng TCC	Mangkweng Hospital	015 286 1000	
	Port Elizabeth	Dora Nginza TCC	Dora Nginza Hospital	041 406 4112		Mokopane	Mokopane TCC	Mokopane Hospital	015 483 4141	
	Nyandeni Region	Libode TCC	St Barnabas Hospital	047 568 6274		Musina	Musina TCC	Musina Hospital	015 534 0446	
	King William's Town	Grey Hospital TCC	Grey Hospital	043 643 3300		Giyani	Nkhensani TCC	Nkhensani Hospital	015 812 0227	
	Lusikisiki	Lusikisiki TCC	St Elizabeth Hospital	039 253 5000		Seshego	Seshego TCC	Seshego Hospital	015 223 0483	
	East London	Mdantsane TCC	Cecilia Makiwane Hospital	043 761 2023		Thohoyandou	Tshilidzini TCC	Tshilidzini Hospital	015 964 3257	
	Mthatha	Mthatha TCC	Mthatha General Hospital	047 502 4000		Mpumalanga Province	Ermelo	Ermelo TCC	Ermelo Hospital	017 811 2031
	Matatiele	Taylor Bequest TCC	Taylor Bequest Hospital	039 737 3186			Kabokweni	Temba TCC	Themba Hospital	013 796 9623
				Nkomazi	Tonga TCC		Tonga Hospital	013 780 9231		
Free State Province	Welkom	Bongani TCC	Health Complex	057 355 4106	Witbank	Witbank TCC	Witbank Hospital	013 653 2208		
	Sasolburg	Metsimaholo TCC	Metsimaholo District Hospital	016 973 3997	North West Province	Rustenburg	Job Shimankane TCC	Job Shimankane Tabane Hospital	014 590 5474	
	Bethlehem	Phekolong TCC	Phekolong Hospital	058 304 3023		Klerksdorp	Klerksdorp TCC	Klerksdorp Hospital	018 465 2828	
	Bloemfontein	Tshepong TCC	National District Hospital	051 448 6032		Mafikeng	Mafikeng TCC	Mafikeng Provincial Hospital	018 383 7000	
				Potchefstroom		Potchefstroom TCC	Potchefstroom Hospital	018 293 4659		
				Taung		Taung TCC	Taung District Hospital	053 994 1206		
Gauteng Province	Diepkloof, Soweto	Baragwanath/Nthabiseng TCC	Chris Hani Baragwanath Hospital	011933 9234	Northern Cape Province	De Aar	De Aar TCC	Central Karoo Hospital	053 631 7093	
	Duncanville, Vereeniging	Kopanong TCC	Kopanong Hospital	016 428 5959		Kimberley	Galeshewe TCC	Galeshewe Day Hospital	053 830 8900	
	Laudium	Laudium TCC	Laudium Hospital & Community Health Centre	012 374 3710		Kuruman	Kuruman TCC	Kuruman Hospital	053 712 8133	
	Lenasia South, Johannesburg	Lenasia TCC	Lenasia Hospital	011 211 0632		Springbok	Springbok TCC	Van Niekerk Hospital	027 712 1551	
	Mamelodi	Mamelodi TCC	Mamelodi Day Hospital	012 841 8413	Western Cape Province	George	George TCC	George Provincial Hospital	044 873 4858	
	Tembisa	Masakhane TCC	Tembisa Hospital	011 923 2116		Bellville	Karl Bremer TCC	Karl Bremer Hospital	021 948 0861	
	Natalspruit	Sinakekelwe TCC	Natalspruit Hospital	011 909 5832		Khayelitsha	Khayelitsha TCC	Khayelitsha Hospital	021 360 4570	
				Mannenberg		Mannenberg TCC	GF Jooste Hospital	021 699 0474		
				Atlantis		Wesfleur TCC	Wesfleur Hospital	021 571 8043		
KwaZulu-Natal Province	Pietermaritzburg	Edendale TCC	Edendale Hospital	033 395 4325	Worcester	Worcester TCC	Worcester Hospital	023 348 1294		
	Newcastle	Madeadeni TCC	Madadeni Hospital	034 328 8291						
	Empangeni	Empangeni TCC	Ngwelezana Hospital	035 794 1471						
	Phoenix	Phoenix TCC	Mahatma Gandhi Memorial Hospital	031 502 233						
	Port Shepstone	Port Shepstone TCC	Port Shepstone Regional Hospital	039 688 6021						
	Westcliffe	RK Khan TCC	RK Khan Hospital	031 401 0394						
	Stanger	Stanger TCC	Stanger Provincial Hospital	032 437 6290/6118						
	Umlazi	Umlazi TCC	Prince Mshiyeni Memorial Hospital	031 907 8496						



The content in this booklet is intended to facilitate continuing medical education. The views expressed in this booklet are those of the editor and/or publisher and do not necessarily reflect the views of Sanofi.